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Monday, June 25, 2012



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AVAST YE! AND MAKE A WISH

Parker Dolomont, 6, and his mom, Sheri, try to soak the scallywags aboard the Mar during the third annual Pirate Family Fun Day on Sunday morning. Teams on the Mar and Theodore Tugboat squared off on the high seas of Halifax Harbour during the event, which supports Make-A-Wish Foundation of Atlantic Provinces. RYAN TAPLIN/METRO

Two storeys too high?

Zoning issue. Residents concerned developer is planning big changes for neighbourhood

Information meeting

- A public info meeting on the proposed development is set for Wednesday at 7 p.m. at the Halifax Forum.

A group of residents in Halifax's West End are preparing to fight a proposed development at the corner of Bayers Road and Oxford Street.

W.M. Fares Group is proposing a five-storey development on three parcels of land long occupied by an abandoned service station. The proposed development would be mixed-use, including retail, 27 rental housing units and underground parking.

The land is currently zoned C-2A, allowing minor commercial developments with a height limit of 35 feet and no setback requirements. The Fares Group is requesting a site-specific agreement with the municipality to move ahead with its plans.

But residents are concerned the development agreement could lead to the “demolition and redevelopment” of the mostly residential block bordered by Connolly and Oxford on one side and Young and Bayers Road on the other.

“Should the city approve

this request it will set the precedent that could allow approval of five-storey developments in all the adjacent and connected C-2 Zoned properties,” wrote area resident Peter White in an email to Metro.

“The citizens are ... simply asking city staff and council to enforce the current zoning.”

White said the residents are happy with the current three-storey limit.

Connaught-Quinpool Coun. Jennifer Watts said she has heard some concerns about the development. But the councillor said encouraging residential density on the peninsula should also be considered.

“Part of what I’m hearing is that we don’t want more traffic in that area, but the bigger picture (is) if we don’t build up density actually on the peninsula ... it just might mean there will be more and more people living off the peninsula and driving in.”

ALEX BOUTILIER/METRO



A slight damper on culture fest

Grey skies and rain lead to a few setbacks at the RBC Multicultural Festival, including the cancellation of headline musical acts

Islamist party wins in Egypt

Mohammed Morsi was declared the winner Sunday in Egypt's first free presidential election



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Fest makes most of soggy weather

Diversity. Despite some disappointing setbacks, RBC Multicultural Festival-goers celebrate with music, food and fun

SPENCER
BUELL

halifax@metronews.ca

Planning for anything in the city often requires a Plan B for rain.

Some less-than-ideal grey skies and rain led to a few setbacks at the RBC Multicultural Festival over the weekend, including the cancellation of headlining musical acts Three Sheets and Afro Nova Musica Saturday night.

"That definitely put a big old damper on the festival," said spokeswoman Rebecca Grass.

Rimple Dhunna, owner of local Indian restaurant Tandoori Flame, had planned to accompany his offerings inside the food tent with a barbecue outside Saturday. But the heavy rain meant he didn't even sell enough to cover the cost of paying people to operate it.

But barbecue or no barbecue, he said, the festival offered a chance for him to educate people about Indian cuisine and its preparation.

"When people are not familiar with the culture, they can



The Sisters of Dance perform during the Dance Extravaganza at the 28th annual RBC Multicultural Festival on Sunday morning. RYAN TAPLIN/METRO

eat food and ask a lot of questions about it — how it's made, what spices are used. So, it's a good experience," he said, adding that he had his own cultural experience at the festival

after trying Ethiopian food for the first time.

Fatemah Mahjoob, who emigrated from Tehran to Halifax in 2008, said she welcomes the opportunity every

year to spread the word about her imported Iranian goods, like hand-crafted Persian rugs and her homemade saffron and lemon drinks and sour barberry jam — flavours unique

and exotic to the many Nova Scotians willing to give them a shot.

"They accept everybody here. They love to learn about different cultures," she said.

Paving costs District 3 \$581K

A number of municipal paving projects for District 3 have come in at almost \$581,000.

The projects are cost shared between the provincial Department of Transportation and Infrastructure Renewal and the municipality under the Aid to Municipality Program. The program asks HRM to identify gravel roads in need of an upgrade to asphalt.

"Each year HRM submits a prioritized list of gravel roads outside the core area to NSTIR for consideration," reads a re-

port coming before council on Tuesday.

"These roads are owned and maintained by the province; however, HRM facilitates the priority rating process and the recovery of the local improvement charges."

The bulk of the roads approved by council in August 2011, 12 of 14, are in the Preston-Lawrencetown-Chez-zetcook area. Residents whose property abuts the newly paved streets will be paying over \$23 per foot so HRM can reclaim the

Reimbursement

- HRM has already reimbursed the province for 50 per cent of the cost of paving provincially owned streets, about \$457,000, as well as 100 per cent of the cost of paving municipally owned streets, which was just over \$123,000.

\$580,941 cost of the improvements. ALEX BOULTIER/METRO

Crime. Man pulled from car, robbed, beaten

Police say a man had a gun pointed at him while being beaten and robbed after a group of masked men pulled him out of his vehicle early Sunday morning in south-end Halifax.

Halifax Regional Police say the 24-year-old victim called police from hospital about two hours after the incident at roughly 2:45 a.m.

The victim told police he was driving in the area of Tower Road and Point Pleasant Park Drive when a vehicle pulled in

front of him and four men got out and surrounded his car. They then demanded that he get out and after being pushed to the ground and having a gun pointed at him, police say he was kicked, punched and robbed of money.

The four suspects, described as black men between the ages of 20 and 30, all of whom had their faces covered with masks, then fled in a larger-model white vehicle, police say.

PHILIP CROUCHER/METRO

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NEWS

On the web

When caffeine is your job

Coffee lovers are all too familiar with that satisfying moment — the first sip of a freshly brewed cup — but for the lead coffee taster at Tim Hortons, that borderline euphoric sensation has become a lifestyle. Go to metronews.ca to find out how Tim Hortons makes its signature cup of joe.

Mobile news



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Back in custody. Police arrest second man who was wanted on parole warrant

The second of two men wanted on a parole warrant and considered armed and dangerous has been taken into custody.

Halifax Regional Police say officers executed a search warrant at a residence in the 1200 block of Church Street in Halifax on Saturday night and Terrance Alexander Priest, 27, was taken into custody.

On Thursday night, 25-year-old Nicholas Roland Rhyno was back in custody six hours after police issued a release asking for the public's help in finding both men, who were wanted on parole warrants after they failed to



Terrance Alexander Priest
CONTRIBUTED

return to their halfway houses last weekend.

Rhyno is charged with violence offences involving a firearm. Priest is also charged with violence offences, according to police, but no other details were given.

PHILIP CROUCHER/METRO

Fisherman's friend. Inventor builds a better lobster trap

Lobster is Canada's most valuable seafood export, but for fishermen working at one of Atlantic Canada's 45 lobster fisheries the trips to and from shore are costly.

Lobster fishermen spend up to \$700 in fuel per trip, which means checking traps daily can cost almost \$5,000 a week. But checking traps daily doesn't guarantee a lobster.

Thanks to a local inventor, this summer's lobster season just got a little bit cheaper for fishermen near Meteghan, N.S. The Bait Savour is the latest

from inventor Vince Stuart and Dalhousie University's Innovation and Design Lab — also known as iDLab — and allows fishermen to extend the amount of time they can leave their traps unattended but still baited.

It's a small container that fits into a lobster trap. Inside it, there is a second piece of bait that is only released into the trap after a fuse, specially designed to biodegrade in water, breaks down completely.

THE CANADIAN PRESS



Vince Stuart holds his latest invention, called the Bait Savour, near Meteghan, N.S. The device allows fishermen to reset a lobster trap once it is underwater.
THE CANADIAN PRESS

Wildlife

3,000 coyotes killed under bounty program: Province

The Nova Scotia government says licensed trappers killed more than 3,000 coyotes between last October and March as part of a provincial bounty program.

The Natural Resources Department launched the controversial program in April 2010, offering trappers \$20 for each coyote pelt. The move came in response to fears that the animals were

becoming more aggressive toward people.

The government says it paid out \$66,800 for the 3,340 pelts it received in the most recent trapping season, which ran from Oct. 15, 2011, until March 31 of this year. It says 403 licensed trappers took part in the program, up from 366 the season before.

In October 2009, a young Toronto woman was fatally mauled by coyotes while hiking in Cape Breton Highlands National Park. Taylor Mitchell's death marked the first recorded fatal coyote attack in Nova Scotia.

THE CANADIAN PRESS



Jim Lowther, president of Veterans Emergency Transition Services, poses for a photo at his home in Halifax last Wednesday. The organization helps members of the military make the often difficult transition back into civilian life once they leave the Forces. MIKE DEMBECK/THE CANADIAN PRESS

Help for those forced out of the Forces

Transition to civilian life. Support group is getting a steady stream of calls from serving members beset with mental and physical illnesses

Quoted

"They're having a hard time coping and knowing that they're not going to be able to support their families as well."

Jim Lowther, president of Veterans Emergency Transition Services

of calls from serving members seeking help for everything from finding a doctor and a job to navigating complicated paperwork and dealing with post-traumatic stress disorder.

It's a phenomenon Lowther suspects will only get worse as the dust settles from Canada's 10-year involvement in Afghanistan and troops continue to be medically released.

"We see a lot of guys and girls who have done multiple, multiple tours and who are

now being forced out of the military because of mental or physical illnesses," he said from his home in Halifax.

"Almost everyone wants to stay in. They're terrified of getting out. They love it. It's their family.... They're having a hard time coping and knowing that they're not going to be able to support their families as well."

Lowther said volunteers in the organization's offices in every province are responding to regular calls from person-

nel looking for guidance as they prepare to transition out of the military because they can't meet certain standards required to stay in.

Under the Universality of Service policy, members must be physically fit, employable and deployable for operational duties. If not, they can be medically released like the hundreds who were let go years after the military began its involvement in the Afghan conflict.

Documents from the Department of National Defence show that almost 12,000 Forces personnel were medically released from 2001 to 2011. Those releases rose sharply to a high of 1,338 in 2006 and 1,252 in 2009 from 614 in 2001.

THE CANADIAN PRESS

Anxiety runs high for Labrador fire evacuees

Labrador RCMP say anxiety is high among residents evacuated Saturday night due to the threat of a raging forest fire.

RCMP media liaison Cpl. Rick Mills said roughly 1,800 people in North West River and Sheshatshiu were evacuated to Happy Valley-Goose Bay.

He said about 80 people chose not to evacuate North

West River and more than 50 chose not to leave Sheshatshiu. The fire is burning roughly 35 kilometres from the towns.

Although there have been similar fires before, some much closer to the towns, Mills said there's a lot of anxiety and fear among displaced residents.

The department of nat-

ural resources is on hand to fight the fire, but Mills said the speed at which the fire is burning is concerning.

"We're sort of at the whim of mother nature right now," he said. "When you evacuate two whole communities it's a concern for everybody."

He said weather conditions aren't favourable and rain isn't expected until Thursday

at the earliest.

Two water bombers are en route from Quebec to join three others in firefighting efforts.

There have been several forest fires in the area during the past month, and the one near North West River has been burning out of control for nearly a week.

THE CANADIAN PRESS

Father found guilty of manslaughter in daughter's death

Seven-week-old.

Baby's mother receives six months probation for failing to provide the necessities of life

A judge convicted a Halifax man Friday in the death of his baby daughter, finding the new father slapped, shook and tossed her after becoming frustrated by a series of business failures and the cries of his child.

Nova Scotia Supreme Court Judge Felix Cacchione found Ashiqur Rahman guilty of manslaughter and aggravated assault, and described him as a manipulative, domineering man who controlled much of what happened in his home.

Cacchione said Rahman, who's in his late 20s, had little interest in his new baby and was solely focused on starting an online business in Canada



Ashiqur Rahman
THE CANADIAN PRESS

after moving here from Bangladesh.

"The evidence satisfies me that Mr. Rahman had no bond with his daughter," Cacchione said in his ruling that took two-and-a-half hours to read.

"His focus was on his business, himself and nothing else."

Rahman, wearing a black T-shirt emblazoned with an Ashiqur Industries logo, sat quietly during the lengthy proceeding, but appeared surprised when the judge remanded him into custody and

Quoted

"We were attempting to show that ... Mr. Rahman was frustrated by the demands of a young infant and the crying of a young infant, particularly."

Crown attorney Denise Smith

said, "I didn't do anything" as he was led away by justice officials.

A sentencing hearing was scheduled for Aug. 7.

Rahman had pleaded not guilty to both charges in the death of seven-week-old Aurora Breakthrough in July 2009.

The prosecution argued that the case hinged on Rahman's credibility versus that of the baby's mother, Jane Gomes, who testified she saw her ex-boyfriend slap and shake the newborn in the weeks before she died. **THE CANADIAN PRESS**



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Smoke hovers above Garden of the Gods park near Colorado Springs on Saturday. BRYAN OLLER/THE ASSOCIATED PRESS

Colorado fires demolish homes, threaten tourism

Eight wildfires burning. Half the U.S. firefighting fleet is battling blazes in Colorado, says the state's governor

Wildfires moved in on some of Colorado's most popular summer tourist destinations over the weekend, demolishing nearly two dozen homes near Rocky Mountain National Park and emptying hotels and campgrounds.

A wildfire near Colorado Springs erupted and grew out of control to more than eight square kilometres early Sunday, prompting the evacuations of more than 11,000 residents and an unknown number of tourists. And on Saturday, a blaze destroyed 21 structures near the mountain community

of Estes Park, where many visitors stay while visiting the national park.

Half the nation's firefighting fleet is now battling fires in Colorado, said Colorado Gov. John Hickenlooper. He said military support in the form of C-130 military transport planes from Peterson Air Force Base in Colorado Springs would begin assisting on Monday.

With eight wildfires burning, including a fire that has scorched more than 305 square kilometres and destroyed at least 191 homes near Fort Collins, Colorado is having its worst wildfire season in a decade.

"People recognize this is going to take a big push" to extinguish, Hickenlooper said Sunday from a Colorado Springs grocery store, where volunteers were passing out burritos, sandwiches and drinks to 350 firefight-

'We're not used to this'

"We're used to flooding and tornadoes, nothing like this."

Amanda Rice, who left a Manitou Springs hotel late Saturday with her husband, four children and dog.

ers.

All of this came just a week before Independence Day on July 4, a key time for family vacations to national parks and other destinations. A statewide ban on open campfires and private fireworks has been in place for more than a week. Summer travellers have seen some of their favourite sites closed, obscured by smoke.

Families planning white-water rafting trips were instead passing out bottled water and setting up cots in evacuee centres.

THE ASSOCIATED PRESS

Demonstration

Israeli activists arrested after alleged clashes with police

Israeli police say 85 protesters were arrested after clashing with officers and vandalizing banks in Tel Aviv.

The demonstrators

had gathered Saturday night to protest the arrest of 12 social activists a day earlier. Some blocked main roads and scuffled with police.

Police say others shattered windows on five banks. Media reported that in one case, protesters charged inside a bank and planted a tent, the symbol of social protests that swept the country last summer.

Police spokesman Micky

Rosenfeld says police made the arrests to prevent looting. He estimated there were 1,500 demonstrators in the protests, though media reports gave a number four times higher.

Activist leader Daphni Leef accused police of brutality, saying officers bruised and humiliated her when they detained her Friday. She was released on bail.

THE ASSOCIATED PRESS

Enclave

Delay ouster of illegal West Bank settlers: Israel

The Israeli government has asked the Supreme Court to delay the dismantling of an illegal Jewish settlement enclave in the West Bank for seven months.

The government had pledged to evict the two dozen families living in the Givat Assaf settlement outpost by July 1.

The outpost was built without official authorization and was constructed on privately held Palestinian land. Israel considers this illegal, even as it approves construction on other captured territory.

In its petition to the

court, the government says it has "significant new information" about Givat Assaf that requires exploring. It did not elaborate.

But the Maariv newspaper reported Sunday that the military has discovered old documents that contradict Palestinian claims to owning the land. The Palestinians want all of the West Bank for their future state.

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PM prepared to work with PQ



Prime Minister Stephen Harper
CLEMENT ALLARD/THE CANADIAN PRESS

Reaching out to Quebecers. Harper is polling at around 15 per cent approval in La Belle Province

Prime Minister Stephen Harper's Quebec lieutenant says the Conservatives are prepared to work with whoever is in power in the province — including the sovereigntist Parti Québécois.

Industry Minister Christian Paradis says the Harper government and Quebec have common interests and would find common ground if the PQ won the next provincial election.

The PM's chilled relation-

ship with Quebec has been under increased scrutiny since The Canadian Press revealed his recent secret meetings in Montreal with former prime minister Brian Mulroney and Liberal Premier Jean Charest.

Harper went to them for advice on the national unity issue — which some fear could rise again if the Parti Québécois unseat Charest's unpopular Liberals.

Harper and Paradis were at a celebration near Quebec City Sunday for the province's annual Fête nationale.

The Conservatives are trying to revive flagging Tory fortunes in Quebec, where the party won just five of 75 federal seats in the last election.

Charest confirmed to repor-

ters that he had met Harper recently, but wouldn't say what about.

He said Quebecers would have a chance to give feedback on the Conservative government's performance when they vote in the next federal election.

NDP Leader Thomas Mulcair called the meeting with Mulroney another sign that Harper is out of touch with Quebecers — and hasn't made efforts to reach out like his party has.

PQ Leader Pauline Marois said Harper should be concerned because Quebecers are fed up with a federal government she says doesn't represent their interests.

THE CANADIAN PRESS

U.S.

East Coast sea levels rising rapidly

Sea levels are rising much faster along the U.S. East Coast than they are around the globe, putting one of the world's most costly coasts in danger of flooding, government researchers report.

U.S. Geological Survey scientists call the 965-kilometre swath a "hot spot" for climbing sea levels caused by global warming. Along the region, the Atlantic Ocean has been rising at an annual rate three to four times faster than the global average since 1990, according to the study published Sunday in the journal *Nature Climate Change*.

It's not just a faster rate,

but at a faster pace, like a car on a highway "jamming on the accelerator," said the study's lead author, Asbury Sallenger Jr., an oceanographer at the agency. He looked at sea levels starting in 1950, and noticed a change beginning in 1990.

Since then, sea levels have gone up globally about five centimetres. But in Norfolk, Va., where officials are scrambling to fight more frequent flooding, sea level has jumped a total of 12.19 centimetres, the research showed. For Philadelphia, levels went up 9.4 centimetres, and in New York City, it was 7.11 centimetres.

By 2100, scientists and computer models estimate that sea levels globally could rise as much as 1.01 metres.

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Paraguay. Lugo denounces ouster as president, asks backers to keep peace

Fernando Lugo emerged early Sunday to denounce his ouster as Paraguay's president as a "parliamentary coup" and a "foreordained sentence" that was not based on proper evidence.

Lugo said his truncated presidency was targeted because he tried to help the South American nation's poor majority. Asked whether he had any hope of retaking office, Lugo exhorted his followers to remain peaceful but suggested that national and international clamour could lead Paraguayan lawmakers to reverse his impeachment.

"In politics, anything is possible," said Lugo, who termed the Senate's sudden vote to remove him a coup by political trial.

He also said that Roman Catholic bishops visited him before Friday's Senate trial for alleged poor performance of duties, and he agreed to accept the outcome of a process he considered illegitimate only to avoid bloodshed.

Lugo spoke in a pre-dawn special televised "open microphone" program hosted by a state-funded public television channel that was created by his government. As Saturday turned into Sunday, a long line of speakers queued up



Fernando Lugo THE ASSOCIATED PRESS

in front of the station's headquarters to vent their frustration over what they called an institutional coup, calling for strikes and protests to demand his return.

"We will not recognize any other president," chanted the crowd of at least 200 people, waving Paraguayan flags and bundled up against the Southern Hemisphere winter. THE ASSOCIATED PRESS



Show us the money

Police demanding salary increases shout slogans on the roof of a police internal-affairs building that was sacked and had its contents burned, in La Paz, Bolivia, on Sunday. A mutiny by rank-and-file Bolivian police demanding higher wages spread across the nation on Friday, with an estimated 4,000 officers occupying barracks.

JUAN KARITA/THE ASSOCIATED PRESS

Nigeria

Alleged church bomber dies, now hailed as a martyr

A top radical Islamist sect member blamed for a deadly Christmas Day church bombing in Nigeria has been killed by security forces, says the sect, which demonstrated in a prison break Sunday that his death has not affected its ability to keep fighting.

A statement attributed to the Boko Haram sect and obtained Sunday by The Associated Press said the group is happy about Habibu Bama's "martyrdom."

Bama, a former soldier, died after sustaining injuries from a gun battle between

security forces and the sect in the northeastern city of Damaturu earlier this week, Nigeria's State Security Service said.

The battle occurred from Monday to Tuesday as authorities fought back against the sect that struck six churches,

five primary schools, a police station and a police outpost, authorities said.

Bama had been declared wanted in connection with the Dec. 25 bombing of St. Theresa Catholic Church in the town of Madalla, just outside of the capital, Abuja,

killing at least 44 people.

Officials also believe he was involved in a federal police headquarters bombing last June and the United Nations headquarters suicide car bombing in Abuja last August that killed 25 people.

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A woman checks out the damage after a roof collapsed at the Algo Centre Mall in Elliot Lake, Ont., on Saturday. The partial collapse prompted a local state of emergency and a search for anyone who might have been injured in the cave-in. CORA RICHER/THE CANADIAN PRESS

Rescue team looks for victims in mall after roof collapse

Ontario. Police hindered in search by unsafe conditions

At least two people were trapped in a labyrinth of twisted metal and heavy concrete slabs as crews worked around the clock to stabilize the scene of a roof collapse at a mall in the northern Ontario city of Elliot Lake on Sunday.

Officials suspect one of those imprisoned "could be a casualty," but they said it would take until early Monday morning before the structure was deemed safe enough for search and rescue teams to go in.

Ontario Provincial Police said images of the Algo Centre Mall's partially collapsed roof, which also served as a parking lot, showed a hand and a foot in the dusty debris.

"We have obtained some visual information relating to a visual of a hand and a foot,

which is our grounds for the suspected casualty in this case. We cannot confirm the identity," said provincial police Insp. Percy Jollymore.

"The location is such that we cannot approach it at this time."

Officials also said they heard some taps coming from behind fallen slabs of concrete and metal.

"Some of our search members this morning heard a couple of taps," said Bill Needles, a spokesman from the Heavy Urban Search and Rescue team, which travelled from Toronto.

"They called for a quick silence on the site and there was a couple more taps. That was an indication to us that we were dealing with a rescue," he said.

"We then turned our whole efforts towards trying to locate this individual. There was no verbal, there was no sight, we have no idea if it's male, female, what age, it was just a tap."

Needles said crews drilled

through a wall in an attempt to locate the victim but weren't able to find anyone. At that point crews found the site was too unstable to send in rescue workers.

The operation is still a rescue mission, though, and officials said they're still hoping to find people alive.

"We're believing that they're still there and still alive," Needles said.

Police said at least nine people remained unaccounted for, but insisted that number was fluctuating as some of those reported as missing had been located and others — who hadn't been heard from — were added to the list.

"The problem with this is there's no precise science, we don't know who was in the mall when it collapsed," said Jollymore. "We won't stop until the list has been satisfied."

The roof of the mall came crashing down through two floors just before 2:30 p.m. on Saturday. **THE CANADIAN PRESS**

APPLICATIONS

Elections Nova Scotia is currently accepting applications for the positions of returning officer and election clerk.

Under the *Elections Act*, the delineation of new provincial electoral district boundaries leads to a merit-based competition and selection of returning officers across the province.

Appointed by Nova Scotia's chief electoral officer for a 10-year period, a provincial returning officer administers the electoral process in one of 52 electoral districts. The position calls for broad management experience and a variety of skills. The work is diverse, challenging and rewarding. And, by its nature, it is impartial and non-partisan.

The election clerk in each electoral district is appointed by the returning officer in consultation with the Chief Electoral Officer and serves for the duration of an electoral event.

Applications are available on the Elections Nova Scotia website at electionsnovascotia.ca or may be requested, toll-free, at 1-800-565-1504. Completed applications should be received by Elections Nova Scotia by July 6, 2012.



Madoff victims awarded \$405 million

A settlement announced Sunday will bring \$405 million to victims of Bernard Madoff's historic investment scam, the New York state attorney general said.

The clients of hedge fund manager J. Ezra Merkin will receive \$405 million, and New York state will get \$5 million to cover the cost of the settlement worked out by Attorney General Eric Schneiderman.

The victims include New York Law School, Bard College, Harlem Children's Zone, Homes for the Homeless and the Metropolitan Council on

Jewish Poverty.

Schneiderman called the agreement "a victory for justice and accountability."

"Many New Yorkers entrusted their investments to Mr. Merkin, who then steered the money to Madoff while receiving millions of dollars in management and incentive fees," Schneiderman said. "By holding Mr. Merkin accountable, this settlement will help bring justice for the people and institutions that lost millions of dollars."

Merkin's attorney, Andrew J. Levander, didn't immediately respond to a request for

comment Sunday.

Merkin had managed investments for hundreds of investors in four funds: Ariel Fund Ltd., Gabriel Capital L.P., Ascot Fund Ltd. and Ascot Partners L.P. Schneiderman said many of the investors are New York residents and charitable organizations. Many of them requested not to be identified.

Most investors will get more than 40 per cent of their losses, but only up to \$5 million.

Those who lost more could see additional payments.

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Minorities shut out of power in Iraq: Cleric

Firebrand. Will direct his lawmakers to support a no-confidence vote, a blow for Prime Minister Nouri al-Maliki

The Iraqi cleric whose followers are a swing vote in the nation's ongoing government crisis said Sunday that the prime minister should resign if he cannot produce reforms.

In a rare and wide-ranging press conference, hardline Shiite cleric Muqtada al-Sadr admonished the Shiite-led government, saying it has shut Iraq's minorities out of power and failed to fix legal systems and other public services.

As a result, and to jumpstart the nation's all but paralyzed government, al-Sadr said he is prepared to direct his party's 40 lawmakers to support a no-confidence vote against Prime Minister Nouri al-Maliki — so long as he is assured other political blocs in parliament provide the rest of

Backstory

Al-Sadr has flirted with the prospect of abandoning Maliki for months. The two men have a bitter personal history, going back to when government forces targeted al-Sadr's militia at the peak of the 2006-08 sectarian fighting that almost pushed the country into civil war.

- Also Sunday, an Iraqi press freedom group condemned authorities for ordering the closure of 44 news organizations, including a U.S.-funded radio station. The country's media commission said it was only targeting unlicensed operations.

the 163 votes needed.

His declaration delivers a sharp blow to al-Maliki's efforts to hold on to power.

The dispute calls into question the future of Iraq's fledgling democracy.

THE ASSOCIATED PRESS

Election-year politics

Republican admits no evidence of cover-up

The U.S. Congress doesn't have any evidence so far of a White House cover-up involving the botched "Fast and Furious" gun-tracking operation along the Mexican border, a top Republican said Sunday.

The assertion by Rep. Darrell Issa, chairman of a Congressional committee

that has been investigating the operation for more than a year, ran counter to House Speaker John Boehner's claim that President Barack Obama or his aides deliberately misled lawmakers.

"No we don't," Issa said in response to a question on Fox News Sunday about whether lawmakers had proof now to back Boehner's claim. The dispute has turned into a political fight.

THE ASSOCIATED PRESS

Investigation

Cops on Magnotta's trail before Lin murder: Landlord

Police were hot on Luka Rocco Magnotta's trail just weeks before he allegedly killed and dismembered university student Jun Lin, according to a former landlord.

Canadian law enforcement had tracked the 29-year-old porn actor and stripper to a Montreal apart-

ment building as recently as March, says Magnotta's former landlord.

He said a police detective phoned asking about Magnotta. But the query came too late, as Magnotta had moved out about two weeks earlier.

While they never explained why they were calling, Toronto police have stated that they had already been investigating Magnotta on allegations of animal cruelty for more than a year.

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In Britain, it's rain, rain, rain

Stiff upper lip! Revellers walk through the muddy campsite at the Isle of Wight music festival, after heavy rains turned the site into a mudbath Sunday. And Britain was braced for more rain: June is to be one of the wettest months in 100 years. PETER BYRNE/THE ASSOCIATED PRESS

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New duty-free rules tempting Canadian shoppers

Survey numbers. Majority polled said they planned to spend more while stateside, but the changes have been criticized by Canadian shop owners

Canadians are in a U.S. shopping state of mind this summer thanks to changes in regulations that allow them to buy

more without paying duty, a new survey suggests.

The Canadian Press-Harris Decima poll on relaxed cross-border shopping limits that went into effect June 1 found a large majority in favour of the changes — and 54 per cent of those planning a trip stateside said they intended to spend more. Additionally, four in 10 said they were likely to purchase more duty-free goods.

The telephone survey of 1,000 was conducted between June 14 and 18 and is con-

Economic impact

“Cross-border shopping tends to be downplayed by officials and the impact on the Canadian economy, but I do think it’s quite significant.”

BMO economist Doug Porter, who says today’s shoppers would likely realize somewhat fewer savings because the loonie has dropped below parity in recent weeks.

sidered accurate plus or minus 3.2 percentage points, 19 times out of 20. As outlined in the March budget, the duty-free threshold on stays longer than 24 hours rose to \$200 from \$50

beginning this month.

The limit on stays longer than 48 hours increased to \$800 from the current two-tiered levels of \$400 and \$750, depending on the length of stay.

In the poll, seven in 10 Canadians said they supported the higher duty-free limits, and eight of 10 of vacationers to the U.S. backed the changes.

The changes have been criticized by the Retail Council of Canada as just one more blow to merchants who cope with higher costs and must compete with U.S. competitors that often get a better deal from suppliers.

With the new rules in place for a little more than three weeks, it is still too early to determine if Canadians have

stepped up their shopping habits, said Karen Proud of the Retail Council. But she believes there will be an impact on retailers.

A comparison study published by the Bank of Montreal in April estimated that Canadian store owners lose about \$20 billion a year to cross-border shopping, although with many shoppers not reporting purchases, the exact worth of cross-border shopping is difficult to calculate.

THE CANADIAN PRESS



Breastaurants booming

Valerie Chaira carries lunch from the kitchen at the Tilted Kilt, in Tempe, Ariz., in this May 16 file photo. The Tilted Kilt is part of a booming niche in the beleaguered restaurant industry known as breastaurants, or sports bars that feature scantily-clad waitresses. These small chains operate in the tradition of Hooters, which pioneered the concept in the 1980s but has struggled in recent years to stay fresh. The United States’ top three “breastaurant” chains behind Hooters each had sales growth of 30 per cent or more last year, according to Technomic, a food-industry research firm. They still represent less than one per cent of the nation’s top restaurants, but the upstart chains are benefiting as other mid-priced options like Applebee’s and Bennigan’s have experienced declines during the economic downturn. In other words, they’re hoping maybe people really are coming in for the food. MATT YORK/THE ASSOCIATED PRESS

Oversight. Feds reject economist’s anti-crisis plan

The Harper government has firmly rejected a McGill University economist’s prescription for surviving the next financial meltdown.

A newly released briefing note shows Christopher Ragan’s proposal to strengthen oversight of the Canadian economy went all the way to Stephen Harper, himself a former economist.

The distinguished economist said a high-level Finance Department group, known as the senior advisory committee, needs to be restructured to give the governor of the Bank of Canada more input and to ensure the Canada Mortgage and Housing Corp. is a permanent member.

Ragan says the non-legislated body served Canada

well during the 2008-09 global meltdown, but may be blind to the next financial disaster — and the country should not become complacent because of past success.

A Feb. 22 memo to Harper shows the suggestion was given serious consideration — but ultimately rejected in favour of the status quo.

The group “already fulfils the functions Professor Ragan is looking to address, and has a strong track record in both facilitating co-ordination between the relevant parties in Canada’s financial regulatory system, as well as serving as an important vehicle for advice to government on policy decisions,” says the memo.

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URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

You know you must be heading into the silly, nothing-better-to-write-about summer season in politics — not to mention in the shelf life of any government — when commentators begin to twist every announcement, pronouncement, silence, head nod, eyebrow raise and weather report into an earnest discussion of whether said announcement, pronouncement, etc., increases or decreases the likelihood of a provincial election tomorrow.

Spoiler alert:

Once any majority government celebrates the third anniversary of its elevation to power — and usually many months, even years, before — pundits presume it must be waiting only for this next poll result or that good-news announcement to pull the plug and plunge us immediately into another to-be-desired-only-by-commentators-and-sign-makers election campaign.

Speculation

A nine per cent plummet in support for the government in the latest public-opinion poll? That, opined the Truro Daily News earlier this month, 'will probably put an end to any election speculation for this year.' Or not.

A full term" — we find ourselves parsing his words, Bill Clinton-like. It depends on what the meaning of the word "think" is ...

Dexter announces a pre-budget, down-the-road-after-the-budget-is-balanced-and-into-the-next-mandate cut to the HST? Get out the signs. We're headed for a fall election. It's all part of the premier's Machiavellian master plan.

The electoral boundaries commission throws a wrench into the works by arguing the government should keep those minority ridings it wants to get rid of? Put away the signs. Chances for a fall election, pronounces one prominent pundit, just "faded."

Making an unexpected cabinet-shuffle announcement at Government House? Well that, wrote one reporter, just "fired up suspicion in some circles that the premier's visit there was really to kick off a snap election." Of course ... not.

A nine per cent plummet in support for the government in the latest public-opinion poll? That, opined the Truro Daily News earlier this month, "will probably put an end to any election speculation for this year."

Or not.

In fact, I'd bet on "not."

My own secret-source prediction: There will be no election this week. As you were. Back to the barbecue. Happy summer. Happy almost-Canada Day.

Worth mentioning

'It's not about quality anymore,' former ecstasy dealer says

More than a decade after closing his do-it-yourself ecstasy shop, Kevin, whose name has been changed as a result of his request not to be identified, was among the first to introduce the popular rave drug to Calgary.

After one incident where some of his customers got sick, he pledged to always try the product first.

Now, he turns up his nose at today's black-market

ecstasy. Police say the colourful array of candy-like pills sell for as low as a few bucks, and are pumped out by gangs often thousands at a time.

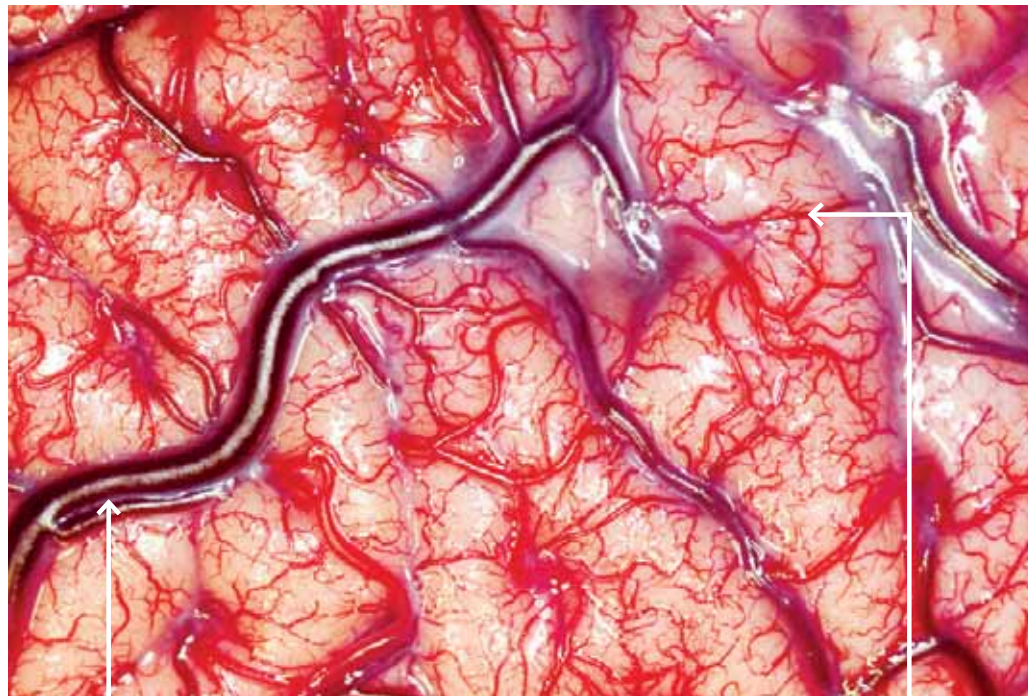
"Everyone and their dog can buy (the pressed pills). You can buy a press online. Anybody can do it. It's not about a designer drug anymore, it's not about the quality anymore," Kevin said.

"They're pink and they're purple and they're green and it's like, what the hell are you hiding?"

He said today's drug pushers don't care what they're selling or who they're selling it to — all that matters is the money.

THE CANADIAN PRESS

It's all in your head



ROBERT LUDLOW/UCL INSTITUTE OF NEUROLOGY

Photography awards

Image of living brain wins contest

A close-up shot of a living human brain has been announced as the overall winner in this year's Wellcome Image Awards, a prestigious competition that celebrates medical photography.

Taken during a surgical procedure to treat a patient with epilepsy, the image shows "the beauty and fragility of this enigmatic organ," a Wellcome spokesperson says.

METRO

Official's viewpoint



"Here you can see the vibrant richness of colour you'd never see when the brain is hidden inside our skulls or when it's dead in a jar."

Catherine Draycott, head of Wellcome Images and a member of the judging panel.

Cerebral photography

- **Judge's description.** "The arteries are bright scarlet with oxygenated blood, the veins deep purple and the 'grey matter' of the brain a flushed, delicate pink," judge Prof. Alice Roberts said.

- **How the photo was shot.** Taken before an "intracranial electrode recording procedure," in which a flexible electrode grid was placed on the brain's surface for two weeks to monitor its activity. The surgeon then used the recordings to find problem areas of the brain to be removed.



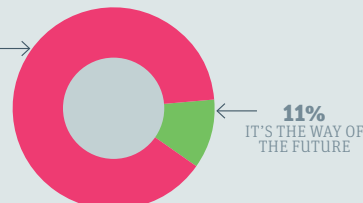
- **Medical photography.** Photographers have to work around medics with no control over lighting, etc. "The conditions are controlled for the surgeon, not the photographer," Draycott notes.
- **Secret to success.** Draycott points to the "easily identifiable human factor" as key to the winning image. Other images included close-ups of a moth fly and a lavender leaf (pictured).



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Twitter

@ohh_n: Interactive bus tour of NE Dartmouth: "These houses are equipped w a revolutionary new form of air conditioning: bullet holes."

@thiskidglows: Going to the art gallery with mom. Seeing maud lewis' house always makes me feel better.

@frontlinerocker: I just went to FIVE different grocery stores in #Halifax to get a

can of enchilada sauce and none of them had any.

@strangerob: Apparently I'm going out for tea today. And after that somewhere else for a BBQ. Good job I have a social secretary. lol...

@TheDean902: Hey kids, you're not fooling anyone picking out the "best" colt 45, you're not slumin'. #DAL #NS-LC #studentloanmoney



Anna Silk plays Bo, the heroine of *Lost Girl*. HANDOUT

Anna Silk stays smooth in her role as *Lost Girl*'s Bo

Third season. Actress had her doubts about playing a 'sex creature,' but now is excited to further explore the world of the Fae

STEVE
ERAMO
scene@metronews.ca

There is some tension this particular Thursday afternoon in May on the Toronto set of *Lost Girl*, but happily it is all of a fictional nature. Our heroine, Bo, who has been injured and looking none-too-well, is having a difficult time trying to convince her crime-fighting allies that they need to change strategy when it comes to catching the baddie of the week.

She finally succeeds in persuading her ex-lover and police detective Dyson to go along with her plan, much to the chagrin of his colleague.

"Cut! That was great," says director Ron Murphy.

This above scene is from one of the hit supernatural show's third season episodes. For those unfamiliar with *Lost Girl*, the series follows the adventures of Bo, a Succubus (a supernatural being who feeds off the sexual energy of others) and member of a race of uber-humans known as Fae.

Having walked in Bo's leather boots for two seasons and now a third, actress Anna Silk is a perfect fit for the role, even though she initially had some doubts about the project.

"When I originally received the (pilot) script, I read the tagline for it, which was

something like, 'Supernatural sex creature who needs sex to survive,' and I thought, 'Yeah, right. What the heck is this?' recalls Silk. "Then, however, I read the script, which was written by (series creator/executive producer) Michelle Lovretta, and discovered that she wrote this really complex, cool, female lead character who is a sexual creature but in the most vulnerable sort of way."

Although it aired halfway through the show's first season, episode eight was, in fact, *Lost Girl*'s pilot episode and the first thing ever filmed for the series. Silk still remembers working on it as if it were yesterday. "We had 10 days to film the pilot, which was a luxury because we don't have that many days now to shoot an episode," jokes the actress. "The pilot is quite special to me. We filmed it about

a year before we went to series, so if you watch it, we all look a little different. We're wearing less make-up and the tone of the show is somewhat darker. I still think it's one of our greatest episodes and I love the grittiness of it."

Prior to *Lost Girl*, Silk appeared in a number of made-for-TV movies as well as guest-starred on such series *Mutant X*, *Missing*, *Angela's Eyes*, *'Til Death Do Us Part* and *Ghost Whisperer*. Of all her small screen roles, two remain especially memorable to the actress.

"I really loved the way that they wrote my character of Cassidy on (the TV show) *Being Erica*," she says. "She turned out to be a very popular character and I enjoyed the real relationship that they created between Erica (Erin Karpluk) and Cassidy."

"Honestly, I've been fortunate enough so far to do a number of really cool things as an actress, including Bo ... I love the fact that she resonates with so many people. Also, the Fae world is so vast. We have so much still to explore about it," enthuses Silk.

Being Bo

Anna Silk interprets her character in Bo as both sensitive and vulnerable.

- "Because I really made Bo my own in the audition process, the show's writers and producers responded to that and very much tailored the character to me, which is a total gift," she says.

2

SCENE

Box office

Brave wins over theatres

A new Disney princess has ascended to the box-office throne with a No. 1 debut for Pixar Animation's *Brave*. The latest from the makers of *WALL-E*, *Finding Nemo* and the *Toy Story* movies opened with \$66.7 million domestically, according to studio estimates Sunday. The 20th Century Fox action tale *Abraham Lincoln: Vampire Hunter* opened far back at No. 3 with \$16.5 million, behind *Madagascar 3: Europe's Most Wanted*. *DreamWorks Animation's* animated *Madagascar* sequel had been No. 1 for two weekends and added \$20.2 million to raise its domestic total to \$157.6 million.

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On the web



R&B singer Maxwell cancels short summer tour due to vocal cord edema and hemorrhage

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The hips don't lie: is singer Shakira pregnant?

While Shakira has steadfastly denied reports that she and soccer player boyfriend Gerard Pique are expecting, her dad may have just blown her cover.

"Hopefully the news will be made official soon," William Mebarak said in an interview with La Prensa when asked about the singer's rumoured pregnancy.

Whether or not there's a grandkid on the way, Mebarak is at least pleased with his daughter's new man: "The happiness of our daughter is reflected in us too and we are very happy," he said. "(Pique) is a valuable young man."



Bieber, One Direction collaboration could be in the cards

Rather than start a rivalry with new teen pop sensation One Direction, Justin Bieber is apparently making friends.

"The One Direction guys are great. We have a lot of fun whenever we hang out. They came over to my house

and we were just chilling out around the pool and listening to music," Bieber says in an interview with BBC Radio.

"We were talking about me collaborating with them on a song on their next album. It's gonna be great."

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Johnny Depp ALL PHOTOS GETTY IMAGES

Does Johnny Depp have a new chick?

Hot on the heels of news of his split from Vanessa Paradis comes word that Johnny Depp is reportedly getting close to Rum Diary co-star Amber Heard, according to the Daily Mail.

Heard was reportedly spotted hopping on and off his private plane in

Las Vegas while Depp was in town to promote Dark Shadows, and since then she's been a regular visitor to the New Mexico set of Depp's next film, The Lone Ranger. And on top of that, he reportedly bought her a horse so that they can go riding together.

Travolta faces new lawsuit

Author Robert Randolph — whose book *You'll Never Spa in This Town Again* recounts alleged incidents of John Travolta engaging in sexual acts with men at bathhouses — is now suing the actor and his legal team for spreading false claims about Randolph's mental health in order to diminish his credibility, according to TMZ.

But Travolta's camp thinks that's crazy as well. "The lawsuit filed by

Robert Randolph is absurd. The suit is based on a privileged communication and it will promptly be thrown out by the court," Travolta's rep says in a statement.

"To evaluate the credibility of Robert Randolph and his ridiculous lawsuit, one need look no further than his own statements published on his website stating that he sustained 'permanent brain damage' and had to 'retrain' his brain."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Cee Lo's pet peeves

MONICA
WEYMOUTH
scene@metronews.ca

Last season on *The Voice*, Cee Lo's sidekick, Purrfect the evil-faced cat, was quite the hit, lending the judge a funky Dr. Evil-meets-Lewis Carroll swagger.

But animal rights activists aren't so psyched for his new on-air companion, a Moluccan cockatoo named Lady.

"Moluccan cockatoos are beautiful, intelligent animals but they are very challenging to care for especially in

the long term, and are prone to considerable welfare problems," Monica Engrebretson of advocacy organization Born Free tells TMZ, citing concerns that ill-prepared fans will buy the notoriously difficult pets. "Many Moluccan cockatoos develop self-destructive behaviour including feather plucking and self mutilation not known to occur in the wild."

Poor Lady! Reality TV is the most oppressive captivity known to man, and can cause feather-plucking among even marginally intelligent newspaper editors.

Cee Lo, if you want a colourful companion that speaks in near gibberish, we suggest an intern.

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Kristen Stewart plays an independent princess in *Snow White and the Huntsman*, a modern take on the famous tale. HANDOUT

Cinderella syndrome gets turned on its head

Modern makeover.

New movie princesses want more than a prince; they want independence

For modern movie princesses, looking pretty and marrying a prince aren't enough.

Take *Mirror Mirror*, where *Snow White* rescues her prince from an evil spell, or *Snow White and the Huntsman*, where she becomes the hunter who avenges her father, marries none of her suitors and confidently runs her kingdom alone.

Further upending the Cinderella syndrome at a theatre near you this weekend is Pixar's first-ever female protagonist, the feisty Scottish Princess Merida of *Brave*, who demands to forge her own independent future. She's also a far better shot than any of her would-be princes.

This new breed of big-screen princess not only reflects the independence — and athleticism — of young women today, but also Hollywood's increasing willingness to tell their stories.

The success of *Bridesmaids*, *The Girl With the Dragon Tattoo* and *The Hunger Games* showed us that audiences respond to well-drawn heroes, regardless of their gender, thus setting the stage for the classic literary convention of the princess to get a modern makeover.



Princess Merida, voiced by Kelly Macdonald, is the main character of the Disney/Pixar film *Brave*. HANDOUT

"It is time for a new paradigm," said *Brave* producer Katherine Sarafian. "We've got an opportunity to make more characters that are relatable to modern girls" and audiences at large.

These empowered young princesses point to a gradual undoing of the so-called Cinderella syndrome or Cinderella complex, a theory developed in the early 1980s that says that, like Cinderella, many women seek something external — such as a rich and handsome prince — to change their lives

and harbour a deep desire for dependence.

"It's not enough for women in the 21st century just to sit around and wait and be pretty," said Karen Sternheimer, a professor of sociology at the University of Southern California.

"An empowered heroine encountering a challenge reflects the whole mythology of individualism. What's new is the means of achieving success. It used to be through beauty or marriage only. That hasn't gone away, but now it can also be through a skill or encoun-

tering a challenge that traditionally we've heard in stories about men."

In developing Princess Merida's story in *Brave*, Pixar writers and artists thought more about character than gender, Sarafian said. They considered Merida's motivations, her frustrations and what makes her brave.

"If you focus on her being a girl, it's easy to get stuck in the trappings and rules and what a princess movie dictates," the producer said. "We strip out gender, princess, fairy tale and

A New Hope?

- Rupert Sanders, the director of *Snow White and the Huntsman*, which was released earlier this month, said the heroic journey of his princess (played by Kristen Stewart) makes her "almost the female Luke Skywalker."

just focus on character."

Merida, voiced by Kelly Macdonald, is a headstrong teenager in 12th century Scotland with a mane of fiery red curls and a temperament to match. Though her mother lovingly prepares her for her royal role, the young princess is more interested in sword fighting, archery and riding her horse through the forest. When she blatantly defies an ancient tradition, she jeopardizes the future of her family and the kingdom.

"The story is not about the circumstances surrounding her," Sarafian said. "She makes the core decision that throws things off ... and it's not something else really saving her. Even though there is a little magic in the story, she is really the driving force."

And she does it all in a dress. "Merida is not trying to pass herself off as anything other than a girl," the producer said. "She just wants to be her own person."

THE ASSOCIATED PRESS

3

LIFE

Women and work

Magazine piece strikes chord

A first-person lament by a former State Department official on *Why Women Still Can't Have It All* has attracted more visitors to The Atlantic magazine website in a 24-hour period than any magazine story the site has ever published. The piece by Anne-Marie Slaughter described her struggles balancing a high-powered career with raising her two sons. Clicks were "approaching 450,000 uniques," magazine spokeswoman Natalie Raabe said Friday, citing data from Omniture. The piece also had more than 75,000 Facebook recommendations, not counting the links posted on individual Facebook pages, where friends engaged in debate about work-life balance. "I knew this was going to resonate," said Slaughter in a phone interview, but "I did not expect it to go viral quite this fast."

THE ASSOCIATED PRESS

On the Web



Who needs a lab when you have a kitchen? New books aim to suss out the science of home cooking

Summer perfect salad

Like many summer favourites, chicken salad has all the makings of a refreshing, light meal... except for all that mayonnaise.

An easy way to lighten it up is to switch it out for our favourite creamy substitute, non-fat plain Greek yogurt. We also opted to grill the chicken, an easy way to pump up the flavour while adding virtually no fat.

For this recipe, we freshened up our salad by adding some berbere, an Ethiopian spice blend that can feature any number of seasonings, but often includes ginger, cardamom, garlic, cumin and chilies. If you can't find it or you prefer something a little more tame, switch it out for another spice blend, such as curry powder or Italian seasoning.

For even more flavour and some textural contrast, we added chopped Peppadew peppers. You usually can find these alongside the olives at the grocer. Cherry peppers also would work. After some chopped fennel bulb, a handful of toasted almonds and some grapes, we were finished.

We like to serve this salad stuffed in whole-wheat pita pockets with

salad greens, but you also could spoon it over a bed of greens for a hearty salad.

1. Heat the grill to medium-high.

2. Place the chicken breasts between sheets of plastic wrap. Using a meat mallet or rolling pin, pound the meat to an even 1/2 inch thickness. Season with salt and black pepper.

3. Soak a crumpled paper towel with the oil. Clasp the paper towel with tongs, oil the grates of the grill. Grill the chicken breasts for 4 minutes per side, or until the chicken is cooked through and reaches 165 F. Set aside to cool, then cut into small chunks.

4. In a large bowl, combine the berbere with the yogurt, Peppadew peppers, fennel, grapes, almonds and the cooled chopped chicken. Mix well, then season with salt and pepper.

5. Fill each pita pocket with a quarter of the salad greens, then spoon some of the chicken salad into it.

ALISON LADMAN/THE ASSOCIATED PRESS

Ingredients

Start to finish: 45 minutes

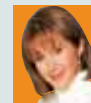
- 1 pound boneless, skinless chicken breasts
- Salt and ground black pepper
- Canola or vegetable oil
- 1 to 2 teaspoons berbere seasoning
- 5-3 ounce container nonfat plain Greek yogurt
- 1/2 cup chopped Peppadew peppers
- 1/2 bulb fresh fennel, trimmed and diced
- 1 cup red grapes, halved
- 1/4 cup slivered, toasted almonds
- 4 small whole-grain pita pockets
- 2 cups salad greens



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Healthy eating

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While places like Boston Pizza offer fun pasta variations, some of them contain mega amounts of sodium, calories and fat.

Boston Pizza Baked Chipotle Bacon Penne

1430 cal / 88 gm fat / 2740 mg sodium

The Alfredo sauce, excess cheese and bacon is what gives you a day's worth of calories, fat and two days' worth of sodium. Heart attack on a plate?



Boston Pizza Homestyle lasagna

930 cal / 30 gm fat / 2280 mg sodium

The meat sauce and cheese in this traditional lasagna is a healthier option, but still high in sodium



Equivalent

Equivalent to 9 penne bolognese from Pizza Pizza in fat.

Driving smarter, better and cleaner

Fuel efficiency.

How Canadians are travelling further with a few simple changes to their driving routine

BEN KNIGHT
green@metronews.ca

Halifax to Vancouver, 6,339 km, on less than five tanks of gas.

That's the record-setting result of Shell Canada's Smarter Driver Challenge, where a team of drivers spent last week making the most fuel-efficient cross-continent drive on record.

"Saving fuel saves you money, saves you stress, and is a safer way to drive," says Lindsey McAndrews, a communications rep for Shell.

"Fuel efficiency is now the number-one concern of Canadian car-buyers. It's what people go into dealerships and ask for the most."

The drive was the brainchild of John and Helen Taylor, who have earned a global reputation as the world's most fuel-efficient couple. After arriving in Vancouver



You can spend less time filling up at the pumps, with a few simple changes to your routine. ISTOCK

on Friday, they now hold 93 different world records for covering more distance on less gas.

The Taylor's team of drivers included Alex Debo-gorski of TV's Ice Road Trucks and officials from such

environmental watchdogs as Pollution Probe and the Pembina Institute.

Driving a well-tuned 2012 Volkswagen Passat, they needed only 5.59 litres of regular gas to cover each 100 km. The total fuel bill, Atlan-

tic to Pacific? Just \$453.

There was no special equipment involved. Just good maintenance, and a few canny driving tips.

"Don't speed," McAndrews says. "You lose 22 per cent of your fuel economy between

100 and 110 km/hour. Use really steady, gentle pressure on the gas pedal. Leave a nice space cushion between yourself and the car in front of you, so it's safer driving."

Leaving space in front means you don't have to use

By the numbers

22%

The significant loss in fuel efficiency when you accelerate from 100 to 110 kilometers per hour.

your brakes nearly as often. And that leads to significant fuel savings, as well.

"With almost no practice, the average person can see a 10-per-cent improvement in their fuel efficiency, just by being conscious of not being a lead-foot. That means you're saving at least 12 cents a litre."

There are other, more subtle benefits as well.

"You're never stressed out," McAndrews notes. "You know where you're going, and you're calm. You're not flooring the gas on every stop light. You're not riding people's bumpers."

And now that the record's been set?

"Once someone sets a record, people want to break it," she concludes.

And no one can do that, without driving smarter, better and cleaner.

There's no 'I' in TeamBuy: budding biz making millions

Company can-do.
25-year-old mogul an inspiration to young entrepreneurs



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

When Edward Yao's older sister graduated from Yale and went on to become a lawyer, he thought about his future.

"I wanted to be the bread winner for the family that they could rely on and be proud of. The only way to surpass her was if I started my own company."

It was on a trip to China with his mom that he found his inspiration. A crowd of people were lining up at a TV store.

"I was told it was

Driven to succeed

"I wanted to be the bread winner for the family that they could rely on and be proud of. The only way to surpass her was if I started my own company."

Edward Yao on being inspired by his sister's success

'Tuangou' which is Mandarin for team buying. You get people together to get a discount and it's a big thing in China."

He convinced childhood friend Andrew Hutchings to become his partner and they went to work creating TeamBuy.

"Today we're operational coast to coast," says the now 25-year-old.

"From baby supplies to travel, you name it, we have it. Our run rates exceed 30 million dollars annually. We have just over 100 people and we are happier

than ever."

Edward, his sister, Mom and Dad have a lot to smile about these days.

"My family is extremely proud."

For Edward Yao, that's the biggest accomplishment of all.

You're the boss

Remember these start-up tips

- Entrepreneurship is risk taking. You have to be ready to accept the highs and lows.
- No matter how good the idea is, don't assume it will grow on its own. It takes hard work.
- Investors aren't stupid and they're not going to give you money to burn. They're there to make

money. It's a relationship that is give and take and they won't take all the risk.

- Don't do anything illegal. There will be times that you're tempted because it's the easier way but it's never the right move.
- Life's not easy but if you work hard that's when you maximize your chances for success.

Visit: teambuy.com



Edward Yao, TeamBuy president and co-founder and 2012 ACCE (Association of Chinese Canadian Entrepreneurs) award-winner for best start up. PROVIDED

Just give it the college tri: educators debate timing

Should class be in a flash? Or studies be slow and steady?

BRUCE WALSH

Metro World News in Philadelphia

In defence of the trimester ...

Stuart J. Lipper is the dean of the graduate school of business administration at Fordham University in New York City.

How did Fordham arrive at a trimester system?

The MBA has always been the largest master's program at Fordham, and it was largely a part-time program. We wanted to make it as flexible as possible for people that had to work. But we're not keeping it because 'this is the way it's always been done.' Current students like the flexibility.

What are the drawbacks?

It makes the jobs of administrators a bit crazy. It can be hectic for students, too: Sometimes the semester ends on Friday and the new one starts on



What type of class calendar would you prefer? ISTOCK

Monday. There's not a lot of downtime.

But you also complete the degree faster.

That's the ultimate goal. Full-time students can usually go through a program reasonably quickly. But in this program, part-time students can finish in

three years.

In defence of the semester ...

Kate Lehman is the assistant

dean for student success at Otterbein University in Westerville, Ohio.

How did Otterbein University arrive at a semester system?

We just switched from trimesters to semesters. We are placing an emphasis on experiential education — learning through real-world situations. Our faculty felt that semesters were better suited to this due to the extended time in a term.

What are the drawbacks?

Some students like a shorter term so they can experience more topics over time. The sheer number of classes is fewer when you have fewer terms.

Do trimesters work better for grad students, because they are typically more interested in finishing sooner?

Grad students take more summer courses than undergrads, and some of that is regardless of the calendar you're operating under. But, yes, graduate students are more interested in going to school year-round.

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4

SPORTS

Auto racing

Tucker
speeds to
Pro Stock
Tour victory

Shawn Tucker of Fredericton, N.B., won the Lockhart Truck Centre 100 at Scotia Speedworld near the Halifax airport on Sunday afternoon. The Parts for Trucks Maritime Pro Stock Tour race was originally scheduled for Saturday night but was delayed because of rain.

Antigonish's Donald Chisholm and Halifax's John Flemming rounded out the top three, while Enfield's Shawn Turple and Charlottetown's Darren MacKinnon squeezed into the top five.

METRO HALIFAX

On the web



Spain has varied tactics at Euro 2012, fielding either a six-man midfield or a lone striker, in part as a way to trip up opponents. Some teams have tried to adjust their tactics to cope with the Spaniards, but not so for the Portuguese. Scan the code to find out how Portugal plans to win its semifinal on Wednesday.

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Halifax kayaker Mark de Jonge competes in this file photo. BALINT VEKASSY/CANOE-KAYAK CANADA

Sacrifices pay off for de Jonge

Olympic-bound.
Halifax kayaker clinches spot in London with back-to-back wins in Montreal



MATTHEW WUEST
matthew.wuest@metronews.ca

When Mark de Jonge took a leave of absence from his job as a civil engineer almost two years ago, his plan was to qualify for the 2012 Summer Olympics. On Sunday, he executed that plan.

The 28-year-old kayaker from Halifax won his second straight K-1 200-metre race at the final set of Canadian Olympic sprint trials in Montreal, posting a scorching time of 33.804 seconds to clinch his spot in London.

De Jonge made un-

successful bids for the 2004 and 2008 Olympics in other kayak disciplines before switching to the 200 — a new distance at this year's Games — and focusing solely on training.

"Everything just fell into place," said de Jonge, who is employed at Stantec Consulting. "I'm just really happy that although I did make these sacrifices, they were all worth it."

De Jonge hadn't raced competitively after breaking his finger while training in April, so he wasn't sure what to expect this weekend. Needing to win two out of three races in Montreal, de Jonge topped a nine-boat field on Saturday in 35.89 seconds and then defeated Richard Dober Jr. of Trois-Rivières, Que., in Sunday's one-on-one race-off.

"It was really hard because I didn't know where I

Heading to London

Nova Scotians at the Olympics:

• Mark de Jonge, Halifax (kayak)	ming)
• Ryan Cochrane, Windsor (kayak)	• Custio Clayton, Dartmouth (boxing)
• Jason McCoombs, Dartmouth (canoe)	• Amy Cotton, Judique (judo)
• David Sharpe, Halifax (swim-	• Eric Gillis, Antigonish (marathon)
	• Danielle Dube, Glen Haven (sailing)

stood, but the plan was that I was going to win," said de Jonge, who was born in Calgary but moved to Halifax 15 years ago.

"Obviously, I had my doubts.... I was unsure at times ... but I'm really happy to see the plan worked out." De Jonge, whose time on Sunday is the fastest recorded in International Canoe Federation history, said he knew right away he was going to win the race-off.

"I had a great start and carried that momentum through the rest of the race," he said.

De Jonge is Nova Scotia's eighth confirmed Olympian

and is the third on Canada's paddling team, joining Dartmouth canoeist Jason McCoombs and Windsor kayaker Ryan Cochrane.

He placed sixth in the K-1 200 at last August's world championships in Hungary and followed that up with a bronze at a pre-Olympic test event in London last September. But nothing he's accomplished compares to this.

"It's actually kind of hard to believe," de Jonge said. "People always say, 'It hasn't sunk in yet.' I always thought that's just what they said, but it really hasn't. It's kind of surreal."

NHL draft

Frk selected 49th overall by the Red Wings

The wait was worth it for Martin Frk.

The Halifax Mooseheads right-winger, who started last season pegged as a potential high first-round pick, slipped to the Detroit Red Wings in the second round, 49th overall, in Saturday's NHL draft in Pittsburgh.

That he ended up joining one of the most successful franchises in the game over the past two decades was just fine with the 18-year-old Czech.

"I'm very happy — I don't know what to say," Frk told reporters in a media scrum at Consol Energy Centre on Saturday. "It's a big day for me. I'm happy it's done and I'm glad to be with Detroit.... It's a great hockey team."

The six-foot 198-pounder suffered a concussion in training camp and missed more than three full months at the start of the season. He returned on Dec. 9 and finished the campaign with 29 points in 34 games, then followed that up with 11 points in 17 post-season contests.

The Red Wings had Frk ranked in the first round and say he has the potential to be a scorer down the road. With the Mooseheads expected to take a run at a Memorial Cup, they're excited to see what he can do if he is healthy for a full season.

"We think we've found something to develop," said Red Wings scout Mark Leach. "They're going to have a good team there in Halifax next year and he's going to be a big part of it."

Halls Harbour's Brandon Whitney was the lone Nova Scotian selected. The Victoriaville Tigres goaltender went to the Chicago Blackhawks in the seventh round, 191st overall. **METRO**

Golf

Nickerson wins mid-amateur title with late charge

Aaron Nickerson of River Hills won the Nova Scotia Golf Association mid-amateur (ages 25 and older) championship in Berwick on Sunday. Nickerson shot a two-day total of 142 and birdied the final two holes on Sunday to edge out Ashburn's Glenn Robinson by one stroke. Oakfield's Chris Topshere rounds out the provincial team that will compete at nationals starting Sept. 4 in Vancouver. **METRO**

Quoted

"I feel really, really good and really relieved. It's been a hard road, there's been a big build-up to this and I'm really happy I pulled it off."

Halifax kayaker Mark de Jonge

Italy claims the spoils on penalties

Euro 2012. Another penalty shootout loss for England at a major tournament

After two hours of clever, often dominating but in the end fruitless play, Italy found the answer against England.

Penalty kicks. Alessandro Diamanti scored the decisive kick Sunday to send Italy through to the European Championship semifinals with a 4-2 win in the shootout following a 0-0 tie with England.

Italy will next play Germany in the semifinals on

Thursday in Warsaw, Poland. Defending champion Spain plays Portugal on Wednesday in Donetsk, Ukraine.

"We deserved this victory," Diamanti said. "The penalties rewarded our dominance during the match. It's only fair, we played a great match and battled from the first to the last minute."

But not until penalties by Mario Balotelli, Andrea Pirlo — with an audacious slow chip-shot down the middle of the goal — and Antonio Nocerino did the Azzurri find the net. Steven Gerrard and Wayne Rooney scored England's penalties.

The difference: Ashley Young hit the crossbar with

Quoted



"I just saw that the goalkeeper was moving a bit earlier

so I decided to play it the other way."

Andrea Pirlo on his chip-shot penalty

England's third, and Ashley Cole's attempt was saved by Gianluigi Buffon.

For England, it was yet another exit from a major tournament in the quarter-finals after a penalty shootout. Eng-

land lost to Portugal in the same manner at Euro 2004 and the 2006 World Cup.

England briefly led the shootout after Riccardo Montolivo missed Italy's second penalty. His shot went wide of Joe Hart's right post as the England goalkeeper guessed correctly.

Rooney then sent Buffon the wrong way, firing in his spot kick to the keeper's right to give England a 2-1 lead.

The momentum shifted after Pirlo's bold piece of skill levelled it 2-2.

"We have done the country proud, but again we go home with heartbreak and it's difficult to take," said Gerrard, who played in two previous

shootout losses.

The match ended 0-0 after 120 minutes of play. The Italians twice hit the post, but were also let down by poor composure in front of the net. The first scoreless match at Euro 2012 was neither dull nor lacking good soccer.

Italy's attacking desire and creativity under coach Cesare Prandelli had playmaker Pirlo at its heart. Italy had 35 shots, compared to only nine for England.

An intriguing match almost demanded that Balotelli take centre stage. The Italy forward ran clear in the 25th, but hesitated and allowed John Terry to block his chipped shot.

THE ASSOCIATED PRESS

England's curse

It was the same old penalties heartache for England. This time, though, there was no hard-luck story to accompany the loss.

- Defeat to Italy in the European Championship quarter-finals made it six losses in seven tournament shootouts.
- England coach Roy Hodgson said: "We weren't quite good enough to win it over 120 minutes. Penalties is the same road we have been down before."



Strait of Dover leads from the wire to capture possibly the final Queen's Plate

Jockey Justin Stein on Strait of Dover crosses the finishing line in front of jockey Alex O. Solis on Irish Mission to win the running of the 153rd Queen's Plate at Woodbine Racetrack in Toronto on Sunday. Stein, a native of New Westminster, B.C., took Strait of Dover to the lead from the start, then cruised to a 1 1/4-length victory in the \$1-million race. On Thursday, Nick Eaves, the president and chief operating officer of Woodbine Entertainment Group, announced this year's race could be the last if the Ontario government doesn't change its plan to scrap a slot machine revenue-sharing program at provincial tracks. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Tennis. Raonic feeling more confident on grass

Milos Raonic is doing all he can to prepare for the Wimbledon grass that he injured himself on last year.

The Thornhill, Ont., native had an abrupt end to his Wimbledon campaign when he slipped early in his second-round match and had to retire with a painful right hip injury.

This year, Raonic said only the rain has given him pause as he prepares for his first match Tuesday against No. 45 Santiago Giraldo of Colombia.



Milos Raonic GETTY IMAGES

"I didn't think about it too much," he said. "Only when it would rain a little bit or if it was wet, we would sort of practise a little bit more cautiously."

THE CANADIAN PRESS

Women's basketball. Canadian team two wins away from London

Canada's veteran women's basketball coach would love nothing more than to lead a team out onto the court on sport's greatest stage.

But when Allison McNeill was asked recently what an appearance in the London Olympics would mean to her, she was quick to say the Games are virtually nothing about her and everything about her players.

The Canadian women open

Quoted

"I want them to go so badly."

Canada women's basketball coach Allison McNeill about her players

the FIBA Olympic qualifying tournament Monday in Ankara, Turkey, in their quest for an Olympic berth.

THE CANADIAN PRESS

MLB. Blue Jays' bats shut down by a familiar foe

Mark Buehrle has given the Toronto Blue Jays troubles in his career, and even though he was in a different uniform Sunday the results were similar.

The veteran left-hander pitched effectively for seven innings to become the winningest pitcher in interleague play. John Buck hit a three-run homer and the Miami Marlins snapped a six-game losing streak with a 9-0 win over the Blue Jays on Sunday.

THE ASSOCIATED PRESS

Lind returns

- The Toronto Blue Jays recalled first baseman Adam Lind from triple-A on Sunday.
- He returns to Toronto having hit .395 with eight homers and 29 RBIs in 31 games at batter-friendly triple-A Las Vegas.

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MaritimeMetalRoofing.com

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ANNOUNCEMENTS

Community Events

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4834 Highway 215, Noel **(902)256-2290**
COME JOIN US FOR A BBQ ON
JULY 1, from 4pm-7pm
parkvillecampground@hotmail.ca

Gotta old couch you wanna get rid of?

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

Trades

Trades

Public Auctions

Public Auctions

2011 BETWEEN: **THE TORONTO-DOMINION BANK, one of Canada's Chartered Banks** Hfx No. 348672
- and - PLAINTIFF
DENISE H. HALLIDAY and PRICEWATERHOUSECOOPERS INC., Trustee in Bankruptcy for ALLISON S. HALLIDAY DEFENDANTS

NOTICE OF PUBLIC AUCTION

TO BE SOLD AT PUBLIC AUCTION pursuant to an Order for Foreclosure, Sale and Possession granted by the Court, unless before the time of sale the amount due to the plaintiff on the mortgage foreclosed, plus costs to be taxed, are paid:

PROPERTY:
ALL that certain lot, piece or parcel of land situate, lying and being in Halifax County, Nova Scotia, and known as Civic No. 30 Lumsden Crescent, Lower Sackville, Nova Scotia, property identification number 00448738 and described in a Mortgage dated July 21, 2008 and registered at the Halifax County Land Registration Office as Document No. 91200262.

This property has been migrated pursuant to the *Land Registration Act*.
A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Sheriff's office and may be inspected during business hours.

DATE OF SALE: Thursday, June 28, 2012

TIME OF SALE: 12:30 p.m.

PLACE OF SALE: Halifax Justice Centre, 1815 Upper Water Street, Conference Room 3, Halifax, Nova Scotia

TERMS: 10% deposit (payable by cash, certified cheque or Solicitor's trust cheque) at the time of sale, remainder within 15 days upon delivery of deed.

DATED at Halifax, Nova Scotia, the 15th day of May, 2012.

PETER LEGERE
Sheriff in and for the County of Halifax

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Wickwire Holm
Barristers and Solicitors
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32 Glendale Ave, Lower Sackville, NS

1 Large Wire Pet Cage
17" high, 24" long 24" wide
\$50 Used 1 Time
(902)444-1394

1 PERSON BLOW UP KAYAK
brand new, life jacket, pump, and paddle
included \$100 cash FIRM
902-444-1394

2001 Honda Civic Parts
4 - 14 inch steel rims 4 bolt, 2 good snow tires
on them, 2 upper strut mounts new in box.
\$200 for all 902-449-6203

32" Goalie Pads
\$150
Call 902-443-8420

5 or 6 Original Water Color
Paintings
(local artists) Various prices
902-236-2132

8 Piece Place Setting
Rogers Brother Silver
Priced to sell at \$50.00
902-407-9735

Backpack - Large capacity with accessories.
65 litre. Reg. \$99. Selling for \$10. Delivery
Available.
Call (902)827-2560

Brand New Whelbarrow
Never Used!
Best Offer
902-236-2132

Camel Hydrotanium Reservoir
Sale Tag - \$89. Never Used, selling for \$40
Call 902-404-6251

Danby Microwave
1000 Watts - White in color
Used 8 months - \$25
Call (902)404-6251

Dining set with chairs \$800
buffet and hutch with wine rack. \$800
902-407-9735

Electric Chain saw 4.5 HP with 16inch bar
Used very little, easy to adjust, no tools re-
quired. Toy-Built \$125 Reduced for quick
sale 902-861-4886

Flea market items. Tv stand, shelves, etc.
Make me an offer
Call (902)425-1230

Humidex used one season, almost like
new. Includes instruction booklet, outside
vent & flexible plastic ducting.
\$200 902-209-5262

Iron Body Bench Press with dumbbells
Plastic weights, approx. 200lbs.
\$60
Call 902-719-9622 / 902-479-0162

Kenmore side by side fridge with icemaker.
24 cubic feet. 33.5" x 69.5" H x 31.5 deep.
\$75 OBO
Call (902)860-2539

•Kenmore Stove & Fan! White In Good Condition \$50 for both
•I-Phone 4S New in Box Best Offer 902-489-0009

Lift Chair
Excellent Condition
Paid over \$1000 asking \$350
Call 902-864-1134

LOST: 1 set of car keys with red Brenton
Toyota tag. Lost at Clayton Park Library.
Reward offered.
If found, please call 902-404-2102

Old School Kenwood Amp
Tower Speakers, Sony CD
\$100 OBO
(902)434-1952

Propane Pool Heater for an above
ground pool. Brand new never used
Paid \$1500 plus tax asking \$1000
902-864-1134 or 902-497-1927

Small table with drop leaf on one side. Two
drawers on other side. Two bar stools.
\$50
Call (902)469-2254

WANTED:
PEEN Rod and Reel - for deep sea
fishing
Call 902-477-9447

WANTED:
Raised toilet seat.
Please call
902-252-3843 LM

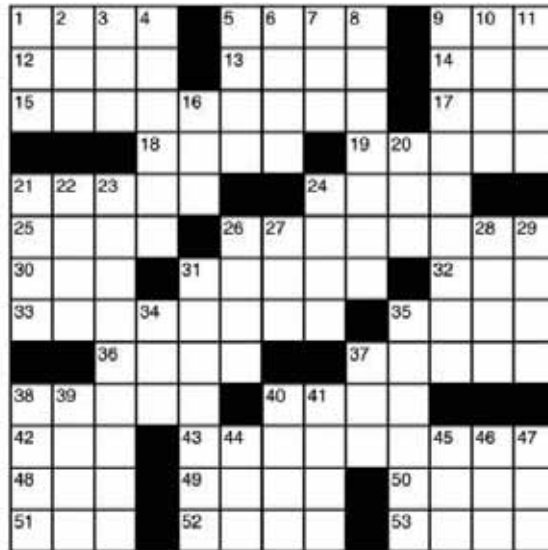
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Across

- 1 Variety of nail
5 Mop the decks
9 Paving goo
12 "Othello" villain
13 — Major
14 Colouration
15 Shrink, maybe
17 Historic time
18 Atomizer output
19 Early feeding time
21 Change
24 Scoff
25 Comedian Jay
26 Suitor's task
30 Eisenhower
31 Stocks and —
32 Menagerie
33 Mess
35 Alpha follower
36 Related (to)
37 West Point student
38 Crouch
40 LummoX
42 — "Town"
43 Quarterback employed by ESPN
48 Actress Lucy
49 Lounge about
50 Vicinity
51 Harvest goddess
52 Congers, e.g.

Down

- 1 Morsel
2 "Go, team!"
3 Time of your life?
4 Window in a roof
5 Dines
6 Legal document
7 Ninny
8 They're up for the game
9 Speculated
10 Emanation
11 Paper quantity
16 Melody
20 Damp
21 Surrounded by
22 Mischievous deity
23 Roget's compilation
24 Punch's partner
26 Maize
27 — shoestring
28 Memo
29 Capricorn
31 Easily crumbled
34 Alias abbr.
35 Pub worker
37 Lettuce type
38 How Lindy flew
39 Witticism
40 Telephone inventor
41 Rembrandt's output



- 44 Weeding implement
45 Exist
46 Fresh
47 Singer Cole



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

1	4	2	6	3	8	5	9	7
8	7	3	4	5	1	2	6	8
8	6	5	2	9	7	1	3	4
5	1	4	3	7	6	8	2	9
3	9	7	8	4	2	6	5	1
2	8	6	5	1	9	7	4	3
7	5	1	9	6	3	4	8	2
6	2	9	1	8	4	3	7	5
4	3	8	7	2	5	9	1	6

Friday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

J V W L K H K L ' T L W K P Z N
B Y A A H W G V K M Y B W P T K Z Z
H D T T W G D F . N A D H M B V P
T K N V W ' T L A J G W - F K Y P W G .
Yesterday's Cryptoquip: IF I MAKE AN ERROR
ABOUT THE KIND OF BLOOD SOMEBODY HAS, I
RECKON IT COULD BE A TYPE-O TYPO.
Today's Cryptoquip Clue: V equals H



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

♈ Aries | March 21 - April 20.

You may be full of confidence right now but watch out you don't take too much for granted.

♉ Taurus | April 21 - May 21.

You will gain a lot more respect over the next few days if you deal with those who disagree with you quickly and with a touch of ruthlessness.

♊ Gemini | May 22 - June 20.

You may be tempted to cut corners and hope no one notices but the planets warn they will — and your reputation will quickly head south.

♋ Cancer | June 21 - July 22.

According to the planets you have allowed your standards to slip in recent months, but Saturn, the great taskmaster of the zodiac, will in some way force you to up your game.

♌ Leo | July 23 - Aug. 22.

You are thinking too hard about a problem that is quite simple in nature.

♍ Virgo | Aug. 23 - Sept. 22.

For some reason you've got it into your head that someone you have to deal with on a day-to-day basis is not to be trusted.

♎ Libra | Sept. 23 - Oct. 22.

Saturn turns direct in your birth sign today, which means you will no longer be able to kid yourself that everything in your garden is rosy.

♏ Scorpio | Oct. 23 - Nov.

21. Whatever you say there always seems to be someone who chooses to disagree with you. It's annoying but you must not let it get to you

♐ Sagittarius | Nov. 22 - Dec.

21. Are you expecting too much of yourself? Maybe, but it's better than

expecting too little.

♑ Capricorn | Dec. 22 - Jan 20.

Each and every person is born with a special talent. Do you know what yours is? If not this is the perfect time to find out.

♒ Aquarius | Jan. 21 - Feb 18.

The situation you find yourself in today may be difficult but you won't make it any easier by allowing your emotions to take control. Use your head and you will get through okay. You may be one of the few who do.

♓ Pisces | Feb. 19 - March 20.

For too long you have believed that your options are limited and that there is only so much you can accomplish. Today's events will encourage you to believe the opposite: that there is nothing in this world that is beyond you.

SALLY BROMPTON



Caption Contest

"I see Lady Gaga is working her sunny side up egg look."
Joseph

ALASTAIR GRANT/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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